

LIFT Program Paperwork

Before the Program Begins

Complete and Keep

- * Complete Online Registration
1. Participant Consent
 2. PAR-Q+
 - 2b. Physician Authorization (if needed)

**Mail
by Date:**

Return to the PARCI Lab

1. Pre- Program Functional Fitness Assessment
2. Pre-Program Survey

During the Program

Participants - Daily and at each session

1. Fruit, Vegetable and Physical Activity Tracker

Participants can keep this

Instructor - Every Session

1. Process Evaluation
2. Sign-In Sheet

Maintain throughout program

End of the Program

Return to PARCI Lab

1. Post-Program Functional Fitness Assessment
2. Post-Program Survey
3. Process Evaluations from your program

**Mail
by Date:**

6 Month Follow UP

**Mail
by Date:**

Return to PARCI Lab

1. 6 Month Functional Fitness Assessment
2. 6 Month Program Survey